GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

HOW TO SAVE TIME IN THE KITCHEN

The heart of homemaking activities is usually in the kitchen. Women probably spend more time there than in any other room in the house. That is why efficient work methods are particularly important in this area.

Planning And Organization - The key to saving time is regular planning. Have a special corner to plan daily schedules of activities, menus and shopping lists. Write these in a notebook as a reminder and for future reference. Other family members may also be willing to make suggestions if you keep a memo pad handy. Don't confine all planning to one place or time of day but think of ways to ease chores as you go along. For example:

1. Think of all the items you need at one time before opening the refrigerator and take them out together.

2. Organize food shelves so that different food categories - vegetables, soups, desserts, seasonings are grouped together. Selection of what you want is faster this way and, when preparing shopping lists, you can tell at a glance which supplies are running low.

3 - Have a filing system for loose recipes, menus, coupons, and stamps.

4. Fasten a magnet to a metal cabinet door to hold recipe cards or clippings for easy viewing when cooking.

FOOD PREPARATION. A few tricks and shortcuts in this area can save an enormous amount of time. Examples:

1. Keep kitchen and work areas neat and well organized. Assemble all materials you need before you begin a task. Clean up as you work to avoid clutter.

2. Slice and dice celery, carrots, rhubarb and other vegetables and fruits by cutting several stalks or strips together. Always keep knives sharp for top performance.

3. Slice onions before peeling and the rings of skin will come off without any trouble.

4. Run hot water over garlic cloves for easier removal of the skin.

5. Stick a garlic clove on a toothpick before dropping it into a stew. This permits quick removal of the garlic.

6. Snip greens and cut raisins and dates the ideal way - with kitchen shears.

7. Prepare an extra supply of snipped parsley, minced onions and green peppers to freeze for future emergency use.

8. Keep a supply of bread crumbs and grated cheese on hand.

9. Combine salt and pepper in an extra shaker to save time and energy when using both in foods.

10. Use a pastry blender to chop hard-cooked eggs.

11. Measure coffee in a measuring cup instead of by the spoonful. Four tablespoons of coffee (for two six-ounce cups of water) are in each ¼ cup.

12. Mix pancake batter in a wide-mouth pitcher or large measuring cup ar.* your it onto the griddle.

13. Make sandwiches (without lettuce or mayonnaise) that can be wrapped and frozen to keep for a week or two. Allow three hours for thawing.

14. Use a pastry cloth and rolling-pin cover to roll pastry more easily. Or roll between waxed paper.

15. Dip a spoon in water first so batter will drop off easily.

16. Replace caps and covers of containers of food and baking products immediately after using or measuring.

17. Dredge or coat meat evenly and without mess in this way: put flour and seasonings into a paper bag, add the meat pieces and shake well.

18. Put several bread slices in the oven (425°F.) at one time to expedite the toasting when you are serving something on toast. Or broil them.

19. Make more than one batch when preparing your favorite dishes and freeze the extra batch. Making this a regular habit can save many hours.

20. Add chili sauce, prepared mustard, Worchestershire, soy sauce or sauce from a spice to season vegetables. Saves making a special sauce.

21. Use pasteurized process cheese spreads or soft cheese sauce, both of which come in jars, if you want a cheese sauce in a hurry. Or try a cheese soup.

22. Put canned or frozen mixed vegetables into stews and soups instead of preparing each separately.

23. Stock shelves with different types of convenience foods to aid you on very busy days or when unexpected guests arrive.

24. Substitute softened vanilla ice cream for homemade whipped cream as a topping.

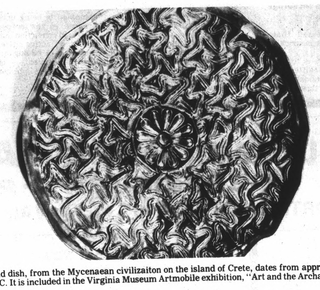
25. Use thinned instant puddings for dessert toppings.

RECIPE OF THE WEEK
Ratatouille

½ cup margarine
1 clove garlic-crushed
1½ tsp. salt
½ tsp. basil leaves-crushed
½ tsp. oregano leaves-crushed
1/8 tsp. pepper
2 medium (about ¾ lb.) zucchini squash sliced
1 medium (about 1 lb.) eggplant, peeled and cut in ½" slices
2 medium tomatoes peeled and sliced
1 cup chopped green pepper
1 cup chopped onion

Melt margarine over low heat, add garlic and set aside. Combine salt, basil, oregano and pepper. In 3 qt. casserole alternate layers of zucchini, eggplant, tomatoes,green pepper, and onion. Sprinkle layers with salt and margarine mixtures. Cover and bake at 350° for 30 minutes. Remove cover and continue baking 30 minutes or until vegetables are tender.

Note: Many thanks to Mrs. Helen McLaughlin for sharing this recipe with us. What a delicious way this is to use our fresh vegetables!



A gold dish, from the Mycenaean civilizaiton on the island of Crete, dates from approximately 1500 B.C. It is included in the Virginia Museum Artmobile exhibition, "Art and the Archaeologist."

Junior Woman's Club To Sponor Artmobile

Ancient "treasures," buried for centuries until archaeologists discovered them in more modern times, are spotlighted in "Art and the Archaeologist," an exhibition that opens here, Thursday, Sept. 14.

The exhibition is aboard a Virginia Museum Artmobile, which is located at the town parking lot. Its visit is sponsored by the Appomattox Junior Woman's Club, Arts Division.

"Art and Archaeologist" contains some 35 decorative and household items and objects of religious significance from ancient civilizations which grew up around the Mediterranean Sea. The civilizations include Egypt, Minoa, Mycenae, Mesopotamia and Greece.

Among the objects contained in the exhibition are gold jewelry and drinking vessels from ancient Greece and Egypt, terra cotta vases and sculpture fragments from the Attic and Etruscan civilizations and a number of practical, decorative and religious objects found in Egyptian tombs. Most of these objects, some of which are thousands of years old, were discovered by archaeologists in the late 19th century.

However, a special group of objects in the exhibition were found by Virginia archaeologists in the late 20th century. They are examples of delftware (white and blue pottery), metalwork and wineglasses discovered at Kingsmill, an early Colonial settlement on the James River. The Kingsmill site currently is being explored by the Virginia Research Center for Archaeology in Williamsburg.

In seeking these buried treasures, archaeologists have employed the investigative techniques of a master detective.

When choosing a site, the archaeologist first studies surface indications, and William Rasmussen, coordinator of education services at the Virginia Museum and organizer of the exhibition.

In a dry summer, Rasmussen explained, withered grass might be a clue to the tops of buried stone walls, and darker lines in a field of growing corn may show where buildings ran underground.

Also, he continued, aerial photographs of a potential site might reveal masses of evidence of ancient civilizations that is invisible on the ground.

"Special attention is paid to graves," Rasmussen said. "Man's recurrent beliefs in a life after death, where worldly possessions are of use, have made funerary areas the most productive archaeological sites."

An archaeologist also looks beyond the objects he has found to the people who made those objects, Rasmussen said.

"By establishing the manner in which people lived and the surroundings in which they moved, he approaches an understanding of former attitudes towards life.

"When he discovers traces of cosmetics in an ancient Mesopotamian grave or unearths an advanced drainage system in a Minoan palace," Rasmussen added, "he makes all of us realize how little man's feelings and experiences have changed."

"Art and the Archaeologist" will remain on view here through Tues., Sept. 19. The exhibition is open to the public at no charge on Sept. 14, 15, 18, 19 from 9-12 and 1-5.

The exhibition is funded in part by a grant from the National Endowment for the Arts.

Hollywood

We are very sorry Mrs. J. L. Torrence is on the sick list. Each one wishes for her a very speedy recovery. Those visiting Mrs. Torrence Sunday were Mr. and Mrs. J. L. Torrence of Richmond, Mr. and Mrs. Vernon Torrence, Mr. and Mrs. Elliott Torrence and Mrs. James Conner.

Rev. Whitey Davis visited Mr. and Mrs. Robert Coleman Tuesday. Rev. Otis Smith was a visitor Saturday in this home and Mr. H. W. Jenkins called in the Coleman home Sunday.

We are very sorry to hear Mrs. Lucy Deaner of the Baptist Home in Newport News fell last week and fractured her wrist and bruised her hip badly. We pray she may have a very speedy recovery.

We hear Mr. James Maxwell recently had a bad fall and isn't doing to well. We pray he may have a speedy recovery.

Mr. and Mrs. Lawrence Woodson, of Lynchburg, spent Tuesday with Mr. and Mrs. L. L. Webb and family. Others visiting in this home during the week end were Mr. J. H. Webb, Mr. and Mrs. Billy Inge, Mr. and Mrs. Harold Morris and Mr. and Mrs. W. H. Wingfield and family.

Those visiting Mr. and Mrs. L. H. Watson during Labor Day week end were Mr. W. H. Wingfield, Mr. and Mrs. L. L. Webb, Miss Joyce Webb, Mr. and Mrs. Thomas Woodall and Lisa and Mr. and Mrs. Lee Smith and grandson.

Mrs. Raymond Franklin, Pam and Ricky Franklin were visitors Sunday of Mr. and Mrs. Thomas Woodall and Lisa.

Mr. and Mrs. Richard Webb and Mr. and Mrs. Scott Sheets were visitors Sunday afternoon of Mr. and Mrs. C.D. Lewis.

Mrs. W. T. Covington spent the week end with Mrs. Mary Bagby. Others visiting Mrs. Bagby Sunday were Mr. and Mrs. W. H. Wingfield and Mr. and Mrs. Thomas Woodall and Lisa. Calling in this home last week were Mr. L. L. Webb, Miss Julian Wingfield, Mrs. Bill Watson, Mrs. Kenneth Deaner, Mrs. Dave Austin, Mrs. Raymond Franklin, Mr. and Mrs. L. H. Watson and Mr. Billy Inge.

Mrs. Joan Mayberry, of Newport News, is visiting her daughter, Mrs. Kenneth Deaner and family.

Dinner guests Sunday of Mr. and Mrs. Billy Inge were Mr. and Mrs. W. H. Wingfield and Miss Julia Wingfield.

Mr. Gus Torrence called in the W. H. Wingfield home and Mrs. Mary Bagby home Thursday afternoon.

Mr. and Mrs. Andy Davis and daughter, Robin, and Mrs. Davis' brother and family, of Cumberland, spent labor Day week end with their parents, Mr. and Mrs. Fred Clabo, of Knoxville, Tenn.

Mrs. Elliott Torrence visited Mrs. W. T. Covington Saturday afternoon.

Mr. and Mrs. Twyman Baldwin visited Mrs. Baldwin's father, Mr. H. W. Jenkins, Sunday evening.

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©Use this ENTIRE PAGE as your entry blank. No other means of entering will be accepted. Be sure to put your name and address in the space provided at the bottom of the page.

Mail page to: FOOTBALL ©THE TIMES-VIRGINIAN, P.O. Box 665, Appomattox, Va.
©All entries must be received by 12 NOON ON FRIDAY OF EACH WEEK.
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